

Circuit training

Warmups:

Laps and / or burpees

Joint circling

Cossack and side to side stretches

Tabletop

Work sets:

Partner up for wheelbarrow walking

(replace w/ hand walking to pike from pushup position if needed; straddle feet if needed)

Partner cued pushups - take turns; aim for 2x10

Partner rowing - take turns; aim for 2x10

Partner assisted squats - take turns; aim for 2x10

Partner assisted t-lever - done slowly with good form at least 5x each side

Pike position headstand

Finishers:

Wall walking into decline pushup position; wall walking into handstand if possible

Lunge jumps and V-ups - set of 10 each

Partner resisted leg raises - take turns; 1 set each